

Brahmacharya



सिद्धे बिन्दौ सुयत्नेन किं न सिध्यति भूतले ।
महिम्नो यत्प्रसादस्य नरो नारायणो भवेत् ॥
(आर्ष-ब्रह्मचर्यम् : २९)



"The body is the soul's instrument to perform righteous actions."

"*Brahmacharya* is abstaining from all kinds of *Maithuna* or sexual enjoyment forever, in all places and in all conditions- physically, mentally and verbally."

The great sage Vyasa said: "To abandon the pleasure gained through the sexual organs by restraint is defined as celibacy."

Lord Siva said to Goddess Parvati,

सिद्धे बिन्दौ महादेवि किं न सिध्यति भूतले ।

siddhe bindau mahādevi kiṁ na sidhyati bhūtale.

"O Parvati ! What is there on this earth which cannot be accomplished if one has control over his sexual fluid?"

That is, all powers reside at the divine feet of the Enlightened *Urdhvareta* (one who is able to sublimate his sexual energy through the practice of yoga). In fact, *Siddhis* (divine powers) become his facile servants. Such a *Sadhaka* can attain Self-Realisation within a short span of time. Even the gods (deities) have attained immortality through *Brahmacharya*".

ब्रह्मचर्येण तपसा देवा मृत्युमुपाघ्नत ।

इन्द्रो ह ब्रह्मचर्येण देवेभ्यः स्वराभरत ॥

brahmacharyeṇ tapasā devā mṛtyumupāghnāta

indro ha brahmacharyeṇ devebhyah svarābharat.

"The gods have conquered death by *Brahmacharya* and penance. Indra, the King of gods, has attained a still higher status, through the self-discipline of *Brahmacharya*."

(Atharva veda : 1. 5. 19)

Lord Siva said:

न तपस्तप इत्याहुर्ब्रह्मचर्यं तपोत्तमम् ।

ऊर्ध्वरेता भवेद्र यस्तु स देवो न तु मानुषः ॥

na tapastapa ityāhurbrahmacharyam tapottamam

ūrdhvareta bhavedra yastu sa devo na tu mānuṣah.

"Celibacy alone is the supreme penance. Of course, other penances (such as keeping fast and silence etc ...) are good in their place, but they are all inferior to *Brahmacharya*. That *Urdhvareta* saint who has done penance over the restraint of the sexual organ is not a human-being but God."

Brahmacharya is also hailed in **Jain scriptures**.

तवेसु वा उत्तमं बंभचेरं ।
tavesu vā uttamam bāmbhaceram.
"Brahmacharya is the supreme penance."

Semen is found in a subtle state in all the cells of the body. Just as the butter-milk is thinned after the butter is removed, so also, semen is thinned by its wastage. The more the wastage of semen, the more the body deteriorates and weakens. The preservation of semen is the secret of good health and longevity, and of all success in the physical, mental, intellectual and spiritual planes. He who has even a little bit of *Brahmacharya* will tide over a crisis of any disease very easily. One who follows *Brahmacharya* strictly is usually not afflicted by any disease.

That is why, in scriptures, it is said:

मरणं बिन्दुपातेन जीवनं बिन्दुधारणात् ।
maranam bindupāten jīvanam bindudhāranāt.

"Death is hastened by letting out semen from the body. Life is saved and prolonged by preserving it. Semen is the real vitality in men. It is the hidden treasure in man."

"There is no doubt that people die prematurely by letting the semen out of the body; knowing this, the Yogi should always preserve semen and lead a life of strict celibacy."

- *Siva Samhita*

'Atharva Veda' declares:

व्रतेषु वै वै ब्रह्मचर्यम् ।
vratesu vai vai brahmacharyam.

"Celibacy is the supreme religious observance."

After Dhanvantari, founder of Ayurveda (Herbal Medical Science) taught all details about this science, his students enquired about its keynote (essence). In the reply, master asserted, "I tell you that *Brahmacharya* is truly a precious jewel. It is the one most effective medicine-nectar indeed- which destroys diseases, decay and death. For attaining peace, brightness, memory, knowledge, health and Self-realisation, one should observe *Brahmacharya*, the highest *Dharma*, the highest knowledge, greatest strength. Of the nature of *Brahmacharya* is verily this *Atma* and in *Brahmacharya* it resides. Saluting *Brahmacharya* first, the cases beyond cure, I cure, Aye' *Brahmacharya* can undo all the inauspicious signs."

All the sages, saints and founders of religions have sung the glory of celibacy.

The great Yogi Gorakhandtha, chanting in praise of semen has said,

कंत गयौं कूं कामिनी झूरै । बिन्दु गयौं कूं जोगी ॥
kañt gayāñ kūñ kāmīnī jhūrai. bindu gayāñ kūñ jogī.

"As a fair lady grieves due to separation from her beloved, so does an ascetic (Yogi) due to his separation from his semen."

"By the power of the composure of the semen, one will become just like Myself."

- **Lord Siva**

How is semen formed ?

According to Ayurveda, from the digested food chyle is formed. Out of chyle comes blood. Out of blood comes flesh. Out of flesh comes fat. Out of fat comes bone. Out of bone comes marrow. Out of marrow comes semen. Conversion of *Dhatu* at every step takes a period of five days. Thus semen is the last *Dhatu* that is formed out of food. It takes approximately 30 days and 4 hours to complete this cycle. Scientists believe that an intake of 32 kgs. of food produces 800 gms. of blood which in turn forms only 20 gms. of semen. Now, you can see how precious the semen is.

Modern medical opinion

Eminent European Medical experts also support the statements of the Yogis of India. Dr. Nicole says, "It is a medical and physiological fact that the best blood in the body goes to form the elements of reproduction in both the sexes. In a pure and orderly life, this matter is reabsorbed. It goes back into circulation ready to form the finest brain, nerve and muscular tissues. This vital fluid of man carried back and diffused through his system makes him manly, strong, brave and heroic. If wasted, it leaves him effeminate, weak and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy and various other diseases and death. The suspension of the use of the generative organs is attained with a notable increase of bodily, mental and spiritual vigour."

If the spermatic secretion in man is continuous, it must either be expelled or be reabsorbed. As a result of the most patient and preserving scientific investigations, it has been found that whenever the seminal secretions are conserved and thereby reabsorbed into the system, it goes towards enriching the blood and strengthening the brain.

Dr. Dio Louis thinks that the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect. Another writer Dr. E.P. Miller says : "All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life-force. It is almost universally conceded that the choicest element of the blood enters into the composition of the spermatic secretions. If these conclusions are correct, then it follows that celibacy in life is essential to man's ultimate well- being."

The cause of magnetic personality

According to Dhanvantari, the sexual energy is transmuted into *Ojas* or spiritual energy by pure thoughts. It is called sex sublimation in western psychology. Sublimation is not a matter of suppression or repression, but a positive dynamic conversion process. It is the process of controlling the sex energy, conserving it, then diverting it into higher channels and finally converting it into spiritual energy or *Ojas shakti*.

Ojas is the cause of attractive personality. If you see any person who is outstanding in his works, whose speech is impressive and thrilling, has lustrous eyes and a magnetic aura on his face and awe-inspiring (charismatic) personality, be sure that he has stored up *Ojas* in his brain. This stored up energy can be utilised for divine contemplation and spiritual pursuits (Self-realisation).

Assuming that an ordinary man consumes 32 kgs. of food in 40 days, yielding 800 gms. of blood, which in turn will yield only 20 gms. of semen over a period of one month. A person will be able to accumulate about 15 gms. of semen in 30 days. And one month accumulation of semen is discharged in one sexual intercourse!

Story of a gardener

Once there was a gardener. He spent all his time, energy and wealth in developing a floral garden. In the garden varieties of multi-coloured flowers were grown. He gathered the flowers and extracted a wonderful perfume. And what did he do next ? He poured the perfume into a sewer.

Don't you think that only the gardener is foolish ? Most of us are like the stupid gardener. The semen accumulated in the body over a period of 15 to 20 years upto our early youth, plus what we go on collecting in cycles of 30 to 40 days that could have been transmuted into *Ojas* to give bodily strength, vigour and radiance, is dissipated for enjoying fleeting sexual gratification. Thus many of us are not less stupid than the gardener of the story. Certainly the gardener would have not repeated the mischievous action after knowing his folly through someone's instructions, but the people are repeating their folly of sex-indulgence over and over again (even after getting instructions from scriptures and saints). For a momentary pleasure a person falls a prey to the sexual act blindly driven by passion. After the heat of the passion has subsided, a person feels drained of all energies. The energy that is wasted during one sexual intercourse, tantamounts to the energy that is spent in physical labour for 10 days or the energy that is utilised in mental work for three days. Still one repeats the same folly without realising that it does not provide lasting happiness. On the contrary it results in terrible harm to health and wastes the precious vital fluid accumulated over a period of 30 to 40 days.

आहारनिद्राभयमैथुनं च सामान्यमेतत्पशुभिर्नराणाम् ।
āhāranidrābhayamaithunam cha
sāmānyametatpashubhirnarānām.

Food, sleep, fear and copulation are common to both animals and men. That which differentiates a man from an animal is *Dharma*, faculty of discrimination. *Viveka* and *Vichara Shakti* can be secured by the preservation of *Virya*. You had enough of sense and sex gratification in all your previous bodies of various animals. Human life is not meant for satisfaction of lower appetites of sex and tongue. It is meant for higher purpose. If we do not cultivate discrimination and intelligence and go on gratifying sexual desires without restraint, how can we attain the higher goal of Self-realisation ?

Preservation of seminal energy is the vital subject for those who want success in material or spiritual life. It is essential for strong body and sharp brain.

ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः ॥३८॥
Brahmacharyapratisthāyām vīryalābhah.

Maharishi Patahjali has stated in his Yoga Aphorisms, "After becoming an *urdhvareta* (a Yogi who has accomplished perpetual sublimation of semen) through Yoga, a Yogi becomes all-powerful. That Yogi alone can realise the supreme truth. Since through celibacy the impossible becomes possible, the gain of fame, wealth and other material things is assured to the celibate."

By the blessing of Sage Gargacharya, King Muchakunda had *darshan* of Lord Sri Krishna. The king asked Lord Sri Krishna to bestow his unswerving devotion. Lord Sri Krishna said, "You have excessively indulged in sense pleasures. Epicureans cannot get unswerving devotion to God. Self-control is a must to get firm devotion. In next life you will be conferred with firm devotion."

King Muchakunda died. In Kaliyuga he was born as a great staunch devotee of Lord Sri Krishna - known as Narasimha Mehata.

आयुस्तेजो बलं वीर्यं प्रज्ञा श्रीश्च महद्यशः ।
पुण्यं च प्रीतिमत्त्वं च हन्यतेऽब्रह्मचर्यया ॥
*āyustejo balam vīryam prajñā śrīścha mahadyaśah
punyam cha prītimatvam cha hanyate abrahmacharyayā.*

"By the practise of *Brahmacharya*, longevity, glory, strength, vigour, knowledge, wealth, undying fame, virtues and devotion to truth increase."

'Atharva Veda' declares :

अति सृष्टो अपा वृषभोऽतिसृष्टा अग्नयो दिव्या ॥१॥
इदं तमति सृजामि तं माऽभ्यवनिक्षि ॥२॥
*ati śrsto apā vṛṣabhaḥ atisṛṣṭā agnayo divyā
edam tamati sṛjāmi taṁ mā abhyavanikṣi.*

"I have abandoned the lust that wastes my seminal energy. I throw away those sexual desires forever as they destroy my strength, intelligence and health. I will never become a victim of sexual desires" "

Arjuna and Angaarparna

With the strength of *brahmacharya* Arjuna was able to defeat Angaarparna, a great Gandharva. The story goes like this :

The Pandavas, sons of Pandu, proceeded towards *Panchaala*. They walked day and night and reached *Somasrayan*, on the bank of the river Ganges. Arjuna walked ahead, carrying torch in his hands for showing them the way and for protecting them. There in the delightful waters of Ganges, Chitrasen, the King of *Gandharvas*, was sporting with his wives. He heard the noise of the footsteps of the Pandavas approaching the river. The greatly strong *Gandharva* was inflamed with wrath by hearing the noise. Seeing the Pandavas with their mother, and drawing his fearful bow, he spoke thus, "If any man out of greed wanders during dark twilight (after its first forty seconds) and comes near us, we both *Gandharvas* and the *Rakshasas* kill those fools. Stay at a distance. Do not come near me. Know you not that I am now bathing in the waters of Ganges. Know me to be the *Gandharva* named Angapaarna who depends only on his own strength or arms. The *Kapalikas*, the *Srngis* or the *Devas* dare not come here. It appears you are human beings. How dare you then to approach me who is the brightest jewel in *Kuber's* crown ? " Arjuna said, " O wretch, to whom can the ocean, the sides of the Himalayas or this river Ganges be barred, whether at night or day or at twilight ? We are endowed with prowess. We care not disregarding your words, touch at pleasure the sacred waters of the Ganges which is ever accessible to all."

Hearing this, Angaarparna became very angry and drawing his bow he shot at them his arrows which were like the poisonous snakes. The Pandava Arjuna, who had an excellent shield, warded off all those arrows with it and with the torch in his hand. Then the Pandava angrily hurled at the *Gandharva* that celestial weapon, blazing fire weapon which immediately burnt his chariot. Having fainted away by the force of the weapon, the greatly powerful *Gandharva* was falling headlong downwards from his chariot. But Arjuna seized him by the hair of his head which was adorned with garlands of flowers. He dragged

towards his brother that *Gandharva* insensible in consequence of being wounded by the weapon. Seeing this, his wife Kumminasi being desirous of rescuing her husband, came to Yudhisthira and asked for his protection. Yudhisthira said, "O, chastiser of foes, who would kill an enemy who has been vanquished in the battle, who has been deprived of his fame, who is protected by a woman and who is incapable of defending himself. O child, set him free."

Arjuna said, "O *Gandharva* ! take your life. Go hence and do not grieve. The king of the Kurus, Yudhisthira orders me today to show you mercy."

The *Gandharva* said, "I have been defeated by you, therefore I shall give up my former name of Angaarparna (the blazing vehicle). My excellent and beautiful chariot has been burnt by your fire-weapon. I was formerly called Chitraratha having a beautiful chariot, I shall now be called Dagdharatha (having the chariot burnt). I am desirous to impart to Arjuna the power of producing illusions of the *Gandharvas*. This science is called *Chaaksusi*. It was taught by Manu to Soma. Soma taught it to Vishwaprabha. Vishwaprabha taught it to me. Having been given by the preceptor to one who is a *Kaapurus* (without energy) it went to die out. Listen now to its prowess. Whatever you will desire to see by your eyes in this world and whatever its nature, it will be seen by you with the help of this science. One can acquire this science by standing on one leg for six months. I shall impart to you this science without your observing any vows. O King ! only on account of this science, we have a superiority over men. Because we are capable of seeing everything (by our spiritual eyes) we are equal to the celestials. O excellent man, I desire to give you and your brothers, each separately, one hundred horses born in the regions of the Gandhara. They are of the celestial colour and they possess speed as that of the mind. Arjuna refused to be obliged by the *Gandharva*. *Gandharva* then asked to give his fire weapon in exchange of his horses.

Arjuna said, "O *Gandharva* ! I shall take your horses in exchange of my fire-weapon. Let our friendship be everlasting. O *Gandharva* ! we are all chastisers of foes, we are all learned in the Vedas, and we are all virtuous. Tell us why we were censured by you when travelling at night."

Gandharva said, "O sons of Pandu ! you do not keep fire, you do not have wives; you have no Brahmanas walking before you, therefore you were censured by me. O descendant of Kuru ! no man, possessing strength of arms, ought to bear with patience any ill usage before his wife. O son of Kunti, our strength specially increases at night. As I was accompanied by my wife, I was filled with wrath. O best of all vow-observing men, I was vanquished by you in battle; hear from me the reason for which I was discomfited. O chastiser of foes, if any *Kshatriya*, engaged in the exercise of his desire to fight with us at night, he can never escape from us with life. But *Brahmacharya* is a great virtue, you are leading that mode of life. O Arjuna, it was for this that I was defeated by you in battle."

So it is clear that preservation of vital fluid is very essential. Now let us understand the actual meaning of *Brahmacharya* before we discuss about some powerful aids to the practice of *Brahmacharya*.

What is *Brahmacharya*?

Brahmacharya is an inspiring, uplifting and sanctifying word. In common parlance a *Brahmachari* is one who is unmarried, who does not indulge in sex, and who shuns the company of women. But this definition is very superficial and restricted. In this context only preservation of the seminal energy is considered to be *Brahmacharya*. But in the true sense of the word, preservation of semen is only the means and not the final goal. The ultimate goal of human life is to attain Self-Knowledge. To get Self-realisation, One who is enlightened is *Jivanmukta* (one who is embodied yet liberated). He is absorbed in *Brahmic Bliss* i.e. he lives in a state of perennial Self-Bliss. He expects nothing from the world. He lives, moves and has his being in an infinite ocean of bliss within himself. He never depends upon objects of sense pleasures for his happiness. He is completely liberated from the worldly attractions and repulsions. All his actions are performed effortlessly and egotlessly. Worldly objects and subjects cannot disturb his perennial state of supreme bliss. He has realised the hollowness of the phenomenal dream like world of sense pleasures. It does not matter to him whether he wears a strip of loin cloth or expensive clothes, whether he lives in a hut or a palace, whether he is a house-holder or a renunciate hermit. He remains

tranquil under all circumstances. Such a realised soul may externally appear to be living in abject poverty but internally he is king of the kings because all of his desires have been burnt away in the fire of Self-knowledge. For him there is no duty to be discharged for he has transcended them all. Such an enlightened soul effortlessly lives in a state of *Brahman*. His celibacy is effortless and natural. He lives in a state of *Brahmic* consciousness even while being engaged in worldly transactions. His is in natural uninterrupted *Samaadhi*. Only such an enlightened, *Jivanmukta* is a true *Brahmacharya* because he is always one with *Brahman*, ever absorbed in *Brahmic Bliss*. So *Brahmacharya* literally means conduct that leads to the realisation of *Brahman* or one's own Self. The technical meaning of *Brahmacharya* is conservation of seminal energy. In this context it is the supreme observance, the supreme penance and the supreme *Saadhanaa* and the fruit of *Saadhanaa* is Self-knowledge, Self-realisation. It is only on attaining this ultimate goal that the full importance of *Brahmacharya* can be comprehended.

Brahmacharya is absolute freedom from sexual desires and thoughts. Even if there is a single impure sexual thought in the mind, one cannot be called a true *Brahmacharya*. In a Self-Realised soul (*Jnani*) the cravings are completely destroyed. Before attaining Self-knowledge, one is not released from the shackles of carnal desires. Conservation of seminal energy is the most essential for eradication of desires, attaining purity of mind, healthy and happy life, God realisation, or Supreme goal of human life, i.e. Supreme Bliss.

Ways to preserve seminal energy

(i) Simple Living

The majority of human beings suffer under the delusion that they will gain a special and covetous social status if they lead a life of pomp and show. But this only reveals the hollowness of their perverted ego-based value system, which takes pride in vulgar exhibition of wealth and possessions. With a view to leading a worthwhile, purposeful life one should abstain from wearing gaudy-coloured (fashionable) clothes, silks, etc. and using stimulating perfumes and scents. The more luxurious a life one leads, the more difficult it becomes for him to preserve his seminal energy.

A cursory glance through history shows that truly great personages led simple, unostentatious lives. Simple living is a sign of greatness. Learn to follow the lives of great saintly souls. Don't be impressed by the life-styles of ostentatious egoistic people.

(ii) Moderation in diet

The literal meaning of 'fasting' is to be near God. Sanskrit word for fasting is *Upavaasa*. "*Upa*" means near and "*Vaasa*" means to stay. You will have very good meditation and contemplation during fasting, as the mind is calm and introverted. Fasting controls passion and destroys sexual excitement.

Never stop the urge to answer calls of nature. When there is any inclination for micturition at night immediately get up to empty the bladder. A loaded bladder is the cause of wet dreams. Before retiring to bed answer the calls of nature. If there is severe constipation and the bowels are loaded, they will press the vesiculae seminales and consequently, there will be discharge at night. To relieve constipation do as follows:

Spinach, green leafy vegetables, milk, butter, ghee, butter milk, ripe fresh fruits and white pumpkin are sattvic articles for keeping up *Brahmacharya*. *Sattvic* foods increase *Sattva guna*, thereby help in overcoming lust, anger, attachment etc.

Eating after midnight is not good for health. One should never take warm milk at night before going to bed. It usually causes wet dreams.

Thoroughly chew the food. If you feel tired, take a little rest before you take food. No strenuous work should be done immediately after meals. Water should not be taken just before meals. It is better to take it in the middle of the meal or about 30 to 60 minutes after the meal.

Do not overload the stomach at night. Overloading is the direct cause for nocturnal emission. Take easily digestible, light food at night. Don't take very hot or heavy food as they cause diseases. Things fried in oil or ghee, over cooked foods, spicy foods, chutnies, chillies, meat, fish, eggs, garlic, onion, liquor, sour articles and stale food preparations should be avoided for they stimulate the sexual organs. Hot foods and hot tea weaken the teeth and gums. They make the semen watery.

Food should be taken in a holy place, when the mind is in pleasant mood and peaceful state.

Solid food is easily digested if it is taken when Surya Nadi is working dominantly i.e. when the breathing mainly takes place through right nostril. If right nostril is closed, it should be opened before eating. The method is given below:

Close the right hand first. Place it in the left armpit and press it with the left arm or lie on your left side and make the right nostril work.

Keep another important point in mind. Whenever you take any liquid food, make sure that the left Nadi (Chandra Nadi) is dominantly working, i.e. left nostril is open. If milk, coffee, tea, water or any other liquid is drunk when the Surya Nadi is open, then one is sure to lose seminal energy. Beware do not take any liquid when the right nostril is open.

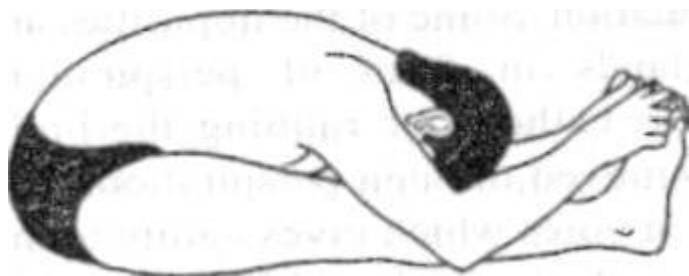
(ii) Bathing the genital organ

Take shower with cold water in day or night. It weakens the sexual desire. Soon after micturition or defecation a fine stream of cold water should be poured on the sexual organ. It tones and soothes the nerves of the genito-urinary system and stops nocturnal discharges. It also weakens the sexual desire.

(iv) Asanas and physical exercises

A healthy mind lives in a healthy body. One should regularly practise selective *yogasanas*, *pranayamas* and exercises early in the morning. This helps considerably in one's effort to check the sexual impulse. Jogging and brisk walking in early morning for 3-4 minutes also provides a good exercise to the body. In addition, do 13 or more *Suryanamaskaras* at sunrise, it gives the benefit of both *asanas* and exercise.

Padmaschimottanasana



This *asana* improves the build of the body. It reduces excess of fats (if any), and makes a weak body strong and well built. For those who practise *Brahmacharya*, this *asana* is a special boon from Lord Shiva. This *asana* was specially designed by Lord Shiva and later Gorakhanatha made it popular.

(v) Early rising

Night pollution generally occurs in the fourth quarter of the night. Therefore get up from bed between 4 and 4.30 a.m. Those who get up late in the morning become spiritless. Sleep on the left side. Allow the Solar (*Surya*) *Nadi pingalaa* to work throughout the night through the right nostril.

(vi) Seek Satsang or Good Company

If one doesn't seek good company, he will fall in bad company. Therefore always seek satsang or association with the wise, saints, Yogis, Sanyasis and Mahatmas, and practise their precepts in thought, speech and deed. Whenever an evil thought enters your mind, be alert. Leave that place immediately and go to a place of Satsang. The magnetic aura, the spiritual vibrations and the powerful thought currents of saints purify the body and the mind of passionate man. If one doesn't do this, the sexual thoughts will penetrate the body. It is the mind that really does all actions, the determination of mind will be put into action. You will get a downfall. Lamentation after the fall is futile. The water has a natural tendency to flow downwards. Even so mind has a natural tendency to go downwards to sense pleasures. The passionate mind deceives the person and drags him to sense pleasures. It takes you into bad company which ultimately leads to downfall. Apparently the bad company may seem attractive to you but

जिसके पीछे हो गम की कतारें, भूलकर उस खुशी से न खेलो ।
jisake pīchhe ho gam kī katāren,
bhūlkar usa khuśī se na khelo.

"Don't indulge in momentary sensual gratifications, for it results ultimately in a number of sorrows and sufferings."

Even if you suffered a great downfall in past life, there is a chance for redemption provided you turn to satsanga. The history reveals that many wicked persons have become great persons through Satsang.

Lack of Satsang leads to downfall. Therefore take a bath in the holy Ganges of satsang. It will bum all ignorance, all thoughts and Sanskaras of passion and evil actions in short time just as a single match-stick burns huge bundles of cotton in few seconds.

(vii) Cultivate good will

Even great sages and Yogis have, at times, experienced failure on the path of *Brahmacharya*, how can we observe celibacy strictly ? Resolutely drive away such weakening thoughts. Develop dynamic will power. As you think, so you become. This world is itself a manifestation of Cosmic Will. Therefore, think positively. Will is a powerful enemy of passion. Strong will helps in preservation of seminal energy and the later cultivates the former.

विश्वासो फलदायकः ।
viśvāso phaladāyakah.

It is the faith that bestows the fruit of success.

Brahmajnani saints have unshakable will-power. Actually *Brahmajnani* is an embodiment of *Brahmacharya*.

(viii) Practise

"Animal is dragged by natural tendencies to sorrows and sufferings. I am not born to lead animalistic life. I won't destroy my life in sensual pleasures. I will march ahead. I will exert vigorously to control my senses and mind to transcend the nature. Hari Om... Om... Om...

God's infinite power resides in my heart. Hari Om Om... Om...

I will not be impressed by the life style of passionate worldly people. Hari Om... Om... Om..."

This practice will give miraculous benefits. You love, you pray the Almighty, Omnipresent, Omniscient Lord. At times you call him earnestly for his help. God is our sure guide. He always helps us, gives us strength and intelligence and a *Sadhaka* defies lowly passionate nature. Gods infinite power is ready to help you. Do not be disappointed. Don't be depressed. Don't give up courage and hope to attain success even if you have failed again and again.

Over eating, excessive sleeping, garrulousness, excessive sex indulgence and excessive travelling destroy our innate abilities. Whereas self-control and exertion develop our hidden abilities and thereby lead us to God-realisation.

When the Neem tree (Margosa) moved..

I narrate an event which occurred in the life of my Sad-gurudev, Rev. Sri Lilashahji Maharaj.

It happened during the pre-partition times in the province of Sindh. There was a dispute about the ownership of land between the Hindus and the Muslims. The British court failed to give any judgement in this case. At last, religious leaders from both the communities agreed to have an out-of-court settlement. They had a mutual understanding that whichever community had the mightier saint will have title to the land in dispute. There was a Neem tree on one side of the border of the land. Both parties agreed that whichever community's saint wrought a greater miracle on the disputed land would have the ownership of the land. At that time my Gurudev's name was Swami Lilaram. Leaders of the Hindu community approached Swami Lilaramji and said, "You are our only saint. We tried our level best to get the land but we failed. Now the credit of the Hindu community is in your hands."

इंसाँ की अज्म से जब दूर किनारा होता है ।
तूफ़ों में टूटी किशती का एक भगवान सहारा होता है ॥

*insān kī ajma se jaba dūr kinārā hotā hai
tūphān men ṭūṭī kiśṭī kā eka bhagavān sahārā hotā hai.*

"When a storm causes ship wreck in the ocean and it is beyond the capacity of man to reach the sea-shore, God alone is the saviour."

If an egotist goes to a saint, he gains nothing but if one goes with humility and with a sense of surrender he gains something. Out of compassion the saint readily showers blessing upon people endowed with faith and humility. After listening to their prayers, Sri Lilaramji went to the assembly held at the disputed site and sat on the ground placing his head between his knees. On seeing him in this unassuming and simple manner, the members of the opposite party mistook him for a fake holy man without any miraculous powers whatsoever.

They whispered, "What can this saint do ? Victory is ours."

The Muslim *fakir* first displayed his magic, Mantras and Tantras. Then came the turn of Sri Lilaramji.

Although he appeared to be an ordinary looking person, he was a mighty saint and a master of yoga, who remained absorbed in a constant state of communion with Cosmic consciousness, Bliss Absolute. He was so deeply absorbed in the all pervading, Omnipotent reality that it was his own experience, "Earth, Space, Nay ? all cosmos exists in my Being. Not even a leaf can move without my power. The sun, the moon, the stars and the galaxies move in their orbits on my command. Everywhere in all these different forms, I am sporting. I am the Lord of the universe." This apparently impoverished-looking Self-realised saint could make things happen according to his will and nobody (in this world or the other) could check it, for his will is one with the Divine will. Nature becomes a pliant servant of such saints. Sage Vashistha said in Yoga Vashistha : "Oh ! Ramji, there is none in the universe who can disobey the command of a saint. "When the people requested Sri Lildramji, he raised his head slowly. He looked at the neem tree and said "O Neem ! Why do you stand here ? Go and stand over there." As soon as Sri Lildramji issued this order, the tree began to move all along the ground and firmly rooted itself inside the disputed land, at a short distance away from its original site. The spectators were dumbfounded. No one had seen such a miracle in past. Even the members of the muslim community began to touch Sri Lildramji's feet with deep reverence. They realised that he was a truly great and mighty saint, with miraculous power at his finger tips. The muslim members said, "He is not only your saint. He belongs to all. From now onwards he is not Lildram; he is Swami Lilashah."

From then on, people forgot his name Lildram and began to recognize him as Lilashah. There are many similar miracles that people have witnessed in his life. Swami Lilashah left his mortal body at 93 and merged with *Brahman*. Even at the age of 93 years all his teeth were firm and his speech was impressive. He regularly practised *asanas* and *Pranayamas*. He was a great *brahmachari* all his life. Even at the age of 93 years, he used to walk many miles a day. By his grace childless couples were blessed with children, the poor became wealthy, people with depression got new enthusiasm, and many diseased people got rid of their ailments. His spiritual guidance and grace enlightened seekers of truth. The story of miracles he performed is unending. But the cause of his greatness is not his miracles but his Self-knowledge. Through practice under the guidance of a Yogi, any one can perform miracles. Self-realisation is far beyond miracles. It is the acme of all Sadhancis. To attain Self-realisation is the ultimate aim and the supreme state of Brahmacharya. I have told it earlier that merely preservation of seminal fluid does not constitute actual Brahmacharya. It is just a means of Brahmacharya. If anyone practises Brahmacharya but his mind is corrupted by sexual desires, he subconsciously rejoices in vicarious joys. He does not get Brahmic Bliss. However, Brahmacharya is the only key to success in attaining Brahmic Bliss. Strict observance of Brahmacharya and unquestioning obedience to commands of a Sadguru lead to Self-knowledge. Such a Sadhaka is able to practise Brahmacharya effortlessly. In due course of time he becomes a Siddha. Even by his gracious glance, a lustful man becomes a man of self-control.

Saint Gyaneshwar ordered the platform, on which he was sitting, to move and it started moving on the ground. Similarly Shri Lilashahji Maharaj asked the Neem tree to move and it moved from one place to another. These miracles are caused by strong will-power. You can also develop strong will-power.

Swami Vivekiinanda said : "People of India suffer slavery only because they have forgotten their will-power."

"What can we do ?" such negative thinking has weakened their will-power. Where as even a British child is full of self-confidence and self-esteem, for he thinks positively, he gets success. He thinks, "I am an Englishman. English people rule over three quarters of the world. I belong to a glorious race. Who can check my success ? Nobody can prevent me from attaining success. I am bound to succeed. What is impossible for me ? Nothing." Such positive thoughts lead him to success.

If a British boy can enhance his will power merely by thinking about his glorious race, why cannot you do the same ?

"I am the descendant of great sages and saints. I am born in the race of great man of firm resolve like Bhishma. In my veins flows the blood of King Bhagirath who landed the river Ganges from heaven. I am the descendant of great sage Agastya who drank the ocean. I am born in a country where Lord Rama and Lord Krishna (incarnations of Lord Vishnu) lived and even *devtas* cherish a desire to take birth in it.

I am Indian. How can I be poor, down-trodden ? I can't remain poor, meek, weakling. Nothing is impossible for me. How could I remain a weakling & poor guy, being a descendant of the great sages who disseminated the message of immortality of soul, divinity of man and absolute fearlessness to the world ? I will cultivate my innate *Samskaras* of fearlessness. I will become powerful."

(ix) Change the angle of vision

Ramakrishna Param Hamsa said, "Whenever you see a beautiful woman, and if evil thoughts crop up in your mind, visualise the 'World Mother' (*Jagadamba*) in her. She is a manifestation of 'World Mother'. That is why she is so beautiful. She is Divine mother blessing me with her *Darshana*. Entertain this *Bhava* (attitude), evil thoughts will die. When Governor of Kalyana, Bahlol Khan was defeated by Major General of Shivaji's army, the latter presented a beautiful *Begum* to Shivaji. Strict celibate Shivaji looked at her with reverence, and said, "If I have to become beautiful, I will take birth through your womb, mother." Saying this he scolded his Major and ordered him to send her with full honour to her husband. Shivaji was a strict celibate because he was a disciple of a mighty saint Samarth Ramadasa.

Arjuna and Urvashi

Once upon a time, Urvashi came to meet Arjuna in heaven. Beholding her at night in his mansion, Arjuna with a fear stricken heart, stepped up to receive her with respect and as soon as he saw her, the son of Kunti, from modesty, closed his eyes. And saluting her he offered the *Apsara* such a worship, as is offered to a superior. And Arjuna said: "O thou foremost of the *Apsara*, I rever thee by bending my head down. O lady! let me know thy command. I wait upon thee as thy servant."

Hearing these words of Arjuna, Urvashi became deprived of her senses and she soon represented unto Arjuna all that had passed between her and Gandharva Chitrasen. And she said, "O best of men, on account of thy coming here, O Arjuna, Indra had convened a large and charming assembly in which celestial festivities were held. When I was dancing, thou hadst looked on me, only with a steady gaze. O sinless one, commanded by Chitrasen and thy father (Indra) also, I come to thee in order to wait upon thee. O slayer of foes my heart hath been attracted by thy virtues, and am already under the influence of the God of Love (Kamadev). And O hero, even this is my wish and I have cherished it for ever."

While in heaven, hearing her speak in this strain, Arjuna was overcome with bashfulness and shutting his ears with his hands he said, "O blessed lady, fie on my sense of hearing, when thou speakest thus to me. For O thou of beautiful face, thou art certainly equal in my estimation unto the wife of a superior. Even as Kunti here, even this is my wish and I have cherished it forever. O auspicious one, of this there is no doubt ! That I had gazed particularly at thee, O blessed one, is true. There was a reason for it. In the assembly I gazed at thee with eyes expanded in delight, thinking "Even this blooming lady is the mother of kaurava race." O blessed *Apsara*, it behoveth thee not to entertain other feelings towards me, for thou art superior to my superiors, being the parent of my race."

Hearing these words of Arjuna, Urvashi answered saying, "O son of the Chief of the celestials, we *Apsaras* are free and unconfined in our choice. It behoveth thee not, therefore, to esteem me as thy superior. The sons and grandsons of Puru's race, that have come hither in consequence of ascetic merit do all sport with us, without incurring any sin. Relent, therefore, O Arjuna, here it behoveth thee not to send me away. I am burning with desire. I am devoted to thee. Accept me, O thou giver of proper respect."

गच्छ मूर्ध्ना प्रपन्नोऽस्मि पादौ ते वरवर्णिनी ।
त्वं हि मे मातृवत् पूज्या रक्ष्योऽहं पुत्रवत् त्वया ॥

*gacchha mūrdhnā prapannah asmī pādau te varavarninī
tvam hi me mātṛvat pujyā rakṣyah ahaṁ putravat tvayā.*

(Mahabharat: va naparvani indralokabhigamana parva: 46.47)

Arjuna replied, "O beautiful lady, listen. I truly tell thee. Let the four directions and the transverse directions, let also the gods listen. O sinless one, as Kunti or Madri, or Shachi is unto me so art thou, the parent of my race, and object of reverence to me, Return, I bend my head unto thee, and prostrate myself at thy feet. Thou deservest my worship as my own mother, and it behoveth thee to protect me as a son."

Thus addressed by Arjuna, Urvashi was deprived of her senses by wrath. Trembling with rage and contracting her eyebrows, she cursed Arjuna, saying, "Since thou disregarded a woman come to thy mansion at the command of thy father and of her own motion- a woman besides who is pierced by the shaft of Kama. Therefore, O Arjuna, thou shalt have to pass thy time among females, unregarded and as a dancer and destitute of manhood and scorned as a eunuch."

Arjuna sought Chitrasen without loss of time. And having found him, he told him all that had passed between him and Urvashi in the night, repeatedly referring to the curse pronounced upon him. And Chitrasen also represented everything unto Indra. And Indra calling his son (Arjuna) unto himself in private, and consoling him in sweet words, smilingly said, " O thou best of beings, having obtained thee, O child, Kunti hath today become a truly blessed mother. O mighty armed one, thou hast now vanquished even Rishis (Sages) by the patience and self-control. But O giver of proper respect, the curse that Urvashi hath denounced on thee will be to thy benefit, O child, and stand thee in good stead. O Sinless one, ye will have on earth to pass the thirteen years (of your exile,) unknown to all. It is then that thou shalt suffer the curse of Urvashi. And having passed one year as a dancer without manhood, thou shalt regain thy power on the expiration of the term." And it happened so. During his exile, Arjuna worked as a dance teacher in the palace of king Virat, where Virat's princess learnt performing arts of music and dance from Arjuna in the guise of Brhannala.

Author of the great epic, (Mahabharata) says, "The desires of the man that listeneth to this history of the son of Pandu never run after lustful ends. The foremost of the awfully pure conduct of Arjuna, become void of pride and arrogance and wrath and other faults, and ascending to heaven, sport there in bliss."

This is an unprecedented example of beholding all women (except one's legal wife) as mother. Similar example occurs in the great epic, Ramayana.

Laksmana, the younger brother of Rama, followed Sri Rama for the long period of fourteen years, though he was perfectly aware of the dangers of the forest. He was pure in thought, word and deed. He led the life of an ideal Brahmachari, during the fourteen years of exile. He never looked at the face or body of Sita. His eyes were ever directed towards her lotus-like feet only. When Sugriva brought Sita's cloak and jewels-which, while she was being carried away by Ravana, she had allowed to fall on the earth, seeing the monkeys on the mountain - Rama showed them to Laksmana and asked whether he recognised them. Laksmana said:

"I do not recognise the bracelets or ear-rings; I know only the anklets, for I worshipped her feet alone." It was due to this attitude of beholding woman as the mother that Laksmana could strictly observe celibacy for fourteen years.

Meghanada, the son of Ravana, had conquered even the Indra, the lord of gods. He had a boon of being invincible to all except to one who 'could abstain from all sorts of sensual enjoyments at least for

fourteen years. Laksmana destroyed him by the power of his purity, by the power of his *Brahmacharya*. This illustrates the significance of *Brahmacharya*.

Indian civilization has given such a high and holy status to the mother that this attitude of beholding mother as goddess can save the mankind from utter ruin. Ramakrishna Paramhansa and other saints of his level, when tempted to licentious women, saved themselves from lust by beholding the mother in them. This motherly attitude (*Matribhava*) protects the mind from all passions. Whenever you see a woman and the evil thought arises in your mind, you should become cautious and develop Matribhava to her.

(xi) Read good spiritual books

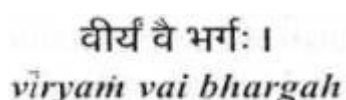
As you read, so does your mind think. And as you think, so you become. Always read a spiritual book in the morning after taking bath (and before going to job) and at night just before retiring to bed. The pure, sublime elevating thoughts of the book will displace the evil (passionate) thoughts of your mind and you will not become a victim of sexual thoughts and fantasies.

Do not witness vulgar sensuous scenes wherever it may be. Do not indulge in seeing pictures and advertising posters. All these tend to increase passion. You should strictly avoid it. These produce deep impression in the mind. Aspirants should run away from places that show vulgar things.

In order to build the character, read the books on *Brachmacharya*, so that you know the glory of *Brahmacharya* and by its practice, become brilliant and promising. This is your moral duty.

Miracles of preserving seminal energy

Semen is the vital energy which supports your life. Each and every sperm is capable of producing a human being (if given a chance to fertilize). The great spiritual masters like Acharya Shankara, Saint Kabir, Guru Nanak, the great warriors, the ingenious scientists and fascinating writers were born through seminal energy. Even in the future all geniuses will be born through seminal energy. One who does not conserve his seminal energy, and wastes it for momentary sensual pleasures paves his way towards self-destruction.



"Semen is brightness, strength and (Self) Atma." -(Satapath brahman).

Grandsire Bhishma and the great Abhimanyu

There were two great battles which took place during the war of Mahabharat. One is of grandsire Bhishma and the other of Abhimanyu. Bhishma was a *Naisthika Brahmachari*, i.e. life long celibate. Therefore he was a man of boundless power. Lord Krsna had taken a vow that during the war he would not wield any weapon. However, he was compelled to break his vow in the face of the all-conquering and irresistible attack that Bhishma mounted on the army of Pandavas. Even Arjuna armed with celestial weapons could not combat Bhishma's onslaught and Lord Krsna was forced to take up a wheel of a chariot to protect Arjuna from the arrows showered by Bhishma. It was through the power of *Brahmacharya* (alone), that Bhishma could conquer death. When he was pierced by sharp arrows all over the body, his survival was impossible. Yet (god of) death could not snatch his life. Lying on the bed of arrows, he gave wonderful discourses on political, philosophical, religious, social and moral subjects to Yudhishthira. Bhishma waited for the beginning of auspicious *Uttarayana*. Then he willingly left his body.

The second battle was that of a charming and brilliant hero Abhimanyu. Arjuna's son, Abhimanyu fought single handed against the terrific strategy of Kauravas called *Chakravyuha*. Bhima, the chief of Pandava army, was left behind. Abhimanyu fought with commendable valour wielding a wheel of a chariot all alone amidst great warriors of Kauravas. But in the end he was killed because Abhimanyu sowed the seed of Pandava dynasty before proceeding to his last battle. He had passed the night before the great battle in the amorous company of his wife Uttara. Due to this act of infringement of *Brahmacharya*, he could not conquer death, unlike grandsire Bhishma.

The cause of Prithviraj Chauhan's defeat

Prithviraj Chauhan defeated Mohammed Ghauri in sixteen battles, but in the 17th battle, he was defeated and captured. Mohammed Ghauri blinded Prithviraj by piercing hot iron bars in his eyes. The astonishing thing is why the sixteen times victorious hero was defeated at the 17th time ? The history says that while going to the battlefield, he was girdled by his beautiful and charming empress Sanyukta. These are the evil consequences of wasting seminal energy.

Mahavir Hanuman, the great devotee of Lord Rama.

Hanuman burnt the whole Lanka and brought news of Sita to Rama. In doing this, he crossed the ocean by flying in air. In the great war between Rama and Ravana, Hanuman killed many heroes of the *Raksasa* army. In that war he made Ravana unconscious by giving just a single blow of his fist on Ravana's head. He did many superhuman acts. Carrying a big mountain (to get life-giving herb, 'Sanjivani' for unconscious Laksman) and other great activities were nothing for Hanuman. It was his celibacy that made him a great hero.

Napoleon, the great conqueror said, "Impossible is not a French word." Yet he was defeated in the battle of Waterloo. It is said that, when he fell from his zenith, he had split his white blood before going to the battle. In the evening preceding the battle, he is reported to have allowed himself to be thrown into the well of carnal pleasure.

In the Bible, Samson has been described as an ideal of courage and bravery.

"My strength is the strength of ten because my heart is pure."
"I never felt the kiss of love, nor maiden's hand in mine."

But when he enjoyed the poisonous wine of a lady's eyes, all his bravery and heroism vanished in no time.

To control the sexual desires is a herculean task. That is why Manu said: "One should not share his seat even with one's step-mother, sister, or daughter. The organs of senses are not easily controllable and lead to the fall of even educated people."

Swami Ramatirtha's survey

When Swami Ramatirtha was a professor, he had drawn a list of successful and unsuccessful students. From their inner condition and character, he had come to the conclusion that those students who were engrossed in base pleasures, during the examination days or just before the examination, were often unsuccessful, even though they were said to be good students in the class. On the other hand, those students whose hearts were pure and one pointed during examination, were always successful.

A Word of caution to the youth

I would like to tell something, especially to the youth, for the future of India lies in their hands. In ancient India, youth worked for upliftment of the nation and discovered scintillating secrets of the spiritual realm. The youth of modern India is blinded by luxurious living and indulgence in sexual

pleasure. Fashion, style, epicureanism, gluttony and luxury have occupied their minds. The vices and bad practices are ruining their health, vitality and will power.

This sexual energy is a boon given by God to the youth. It is not a curse pronounced on the youth. When this sexual energy develops in adolescent (a youth), it fills him with so much vigour and self-confidence that he feels that he can do anything and everything in the world. But he becomes victim of vices and bad practices.

Evil effects of masturbation

These bad practices and bad habits of masturbation or excessive sexual intercourse drain the energy enormously. There appears boils on the body, acne or eruptions on the face, blue lines around the eyes, sunken eyes, pale face with anaemia, loss of memory, loss of eye sight, discharge of semen along with urine, enlargement of the testes, pain in the testes, debility, drowsiness, gloominess, palpitation of heart, pain in the back, loins, head and joints, weak kidneys, fickle mindedness, lack of thinking power, bad dreams, wet dreams and restlessness of mind. In the end he suffers from sexual impotency and sterility. This happens particularly in the age group of 17 to 29 years.

Preservation of this divine energy during this period leads to the attainment of strong will-power, good behaviour, sharp intellect and spiritual exaltation.

It is my sincere appeal to the youth to realise the value of the vital fluid. You must try your level best to preserve every drop of semen. You should learn and follow the proven techniques of preserving seminal energy. It has been observed that ordinary aids to the practice of celibacy, like fasting, diet-control, etc. give temporary benefits only.

An experiment done in U.S.A.

A scientific experiment was carried out in an American school of science. 30 students were given no food for a fixed period of time. It was observed that their libido subsided. But when they were given food, libido increased. This shows that fasting gives only a temporary benefit in observation of celibacy.

Ignorant people adopt foolish methods to kill the *Indriyas* in order to control sexual desires. They think that lust can be eradicated completely by such a procedure. They put an iron or brass-loin-cloth. They are known as *Sikadia Baba*. Many foolish aspirants amputate the organ of reproduction. They fail and repeat eventually. Lust is in the mind. Lust finds expression through organ of reproduction. A tree cannot be destroyed (completely) by cutting off its flowers and leaves. If the mind is subdued, the tree of lust is uprooted. What a great foolish act is committed by ignorant people not getting proper guidance.

Suppression or sublimation

Repression or suppression of the sexual desire will not help you much. What is wanted is transmutation of the sexual energy into *Ojas* (That is called Sublimation in Western psychology), which in turn should be used to attain Absolute Bliss. One who has mastered this art is the master of all. In spite of being a multi-millionaire, knowledgeable, (politically) powerful or highly reputed (world renowned) person, one who does not know the art of sublimation, he cannot attain Self-realisation. He is utterly disappointed at the time of death.

Sage Narada was a master of this art. He transformed a robber named 'Valia' into a great sage named 'Valmiki'. Buddha was a master of this art. He transformed a cruel, heartless murderer Angulimaal (wearing a garland of fingers) into a great monk of the Buddhist order.

Such great sages possess a yogic power which transforms even a lustful person into a *Saadhaka*. Having attained the grace of *Shaktipata*, one does not have to fight with the lust, *Brahmacharya* becomes a natural way of life.

How to give up masturbation

The man who has a bad habit of masturbation or who suffers from wet dreams, should give up the evil habit at once. You will be entirely ruined if you continue the practice. Do not be worried. Forget musing over the past mistakes and think positively and with confidence about your ability to get rid of evil habits. Give up negative thinking. Let the past not bother you. Let bygones be bygones. The disease is aggravated by getting worried about it. Let not weakening thoughts enter your mind. Do not be anxious over sexual energy you have already wasted in past. Upto this time you were blind and ignorant. You had no idea of the disastrous effect of this evil practice. Wake up now and girdle up loins to preserve seminal energy in the remaining life.

Remember, the aim is not to suppress the seminal energy but to sublimate it. You do not know how to sublimate it.. Learn the techniques of sublimation. But before that you should know what is the meaning of sublimation of seminal energy.

Sublimation of sexual energy

According to yogic science, semen exists in a subtle form throughout the body. It is withdrawn and elaborated into a gross form in sexual organ under the influence of an electromagnetic (Bio-electric) energy. It is called *Kamasakti*. Sublimation of sexual energy does not mean flowing the semen from seminal vesicles to the brain. There is no any duct of vessel through which semen could flow upwards towards the brain. Sublimation means diversion of Bioelectric energy from sexual organs to central nervous system. This energy is converted into *Ojas*. Semen remains in the same place.

When a man looks at a woman clad in fashionable dress, or he thinks of the body of a woman, this *Kamasakti* flows downwards and activates the genital organs. It is this energy that is used up in the process of ejaculation of semen. So this is the actual loss of vital energy. The Yogi penetrates into the subtle hidden nature of things through inner vision. The allopathic doctors and biologists do not understand the inner Yogic secrets and mysteries. Therefore, doctors often fail to cure some serious incurable diseases. But Yogis can cure the same merely by casting a look or through his Yogic powers.

Techniques for Conservation of Seminal Energy

Technique: When the sex-centre is stimulated, ejaculation of semen takes place. This method checks it effectively. If there is a thought of sexual desire in the mind, be alert. Concentrate your mind on genitals and contract the genitals inwards towards the belly, just as piston is pulled outwards to fill the pump with water. This is called *Yoni Mudra*. Then shut your eyes. Meditate, "Now I am looking upwards from lower sex-organs to the thousand petalled lotus (*Sahasraar Chakra*) in brain within my body." The seminal energy flows to whatever point (organ) the mind is focussed on. If you focus the mind on *Sahasraar Chakra*, the bioelectric energy, which would have otherwise, been wasted in ejaculation through the activated *Muladhar Chakra*, will be sublimated upwards to the *Sahasraar Chakra* and will be transmuted into *Ojas*. But mind well. If your mind is still covetous of sex-pleasure, you will not succeed in preserving seminal energy. But if you practise for a few days with discrimination and strong will, you will get abundantly its rewards. You will directly experience that even though sexual desires come with a force of storm, with this technique applied, they subside within a few seconds.

Another technique: Whenever any strong sexual desire arises, exhale all the air from lungs completely and retain the breath out. Then contract your belly and take your navel back towards the spinal cord. By repeating this two-three times, the passion is pacified and you will be saved from seminal discharge.

This technique is very simple but it is a very important Yogic manoeuvre. Air in the lungs is called *Apaana Vayu*. With the strengthening of *Apaana Vayu* the sexual organ awakens and the mind becomes troubled. By forceful expiration of air, *Apaana Vayu* is weakened. So it cannot activate the sex-centre. Moreover, by contracting the belly and navel backwards, the remaining energy in the sex-centre goes towards the navel. So there is no more energy left to activate sex-centre and thus ejaculation is prevented.

This technique could be practised in any place, without spending any money. This technique should be practised regularly even when there is no sexual stimulation. It gives excellent benefits.

How to ward off anger

Lust, greed, attachment, pride and anger are the inner enemies which rob you of the treasure of Self-bliss. Among all, anger is the most dangerous and detrimental to *Sadhana*. If a thief enters a house, some items (furnitures etc.) still remain unstolen. But if a house catches fire, everything is reduced to ashes. Nothing remains.

In the same way, if thieves like greed and attachment enter us, only some of our virtues are destroyed. But if the fire of anger overtakes, our mind, our entire treasures of *Japas*, *Tapas* and virtues are destroyed. Therefore, beware of anger. It is alright to act out anger, but be ever alert not to allow it to possess you.

Do not eat hurriedly. Take at least 25 minutes to eat and chew your food properly. If you find it difficult to ward off anger, press your tips of the fingers into your palms making a fist. Eat *sattvic* food. Stay away from garlic, red chillies, and fried foods.

Peace attained through *Sadhana* (spiritual practice) for the duration of one month is put to naught by a single fit of anger. Therefore, my beloved brothers ! be careful. Do not waste away your priceless life.

Some memorable statements

🔹 "A wise man should avoid married life as if it were a burning pit of live coals. From the contact comes sensation, from sensation thirst, from thirst clinging, by ceasing from that, the soul is delivered from all sinful existence."

- Lord Buddha

🔹 "These sexual propensities, though they are at first like ripple, acquire the proportions of a sea on account of a bad company. Whenever the mental image of a woman crops up in your mind with evil thoughts, repeat mentally "Om Durgaa Devyai Namah " and do mental prostrations."

- Swami Vivekananda

🔹 "Know that in this world there is nothing that cannot be attained by one who remains from birth to death a perfect celibate In one person, knowledge of the four Vedas, and in another, perfect celibacy- of these, the latter is superior to the former who is wanting in celibacy."

- The Mahabharat

-----H. H. Sant Shri Asaramji Bapu-----